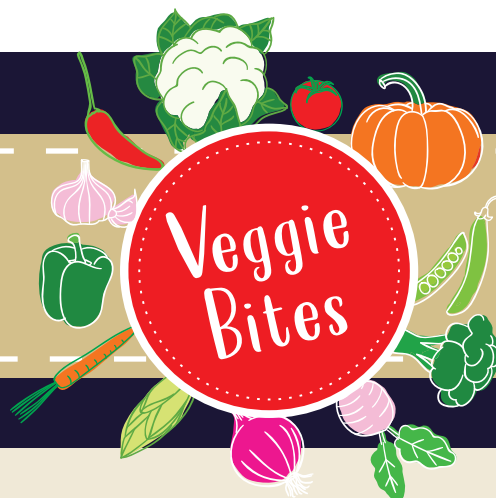


Celery Coliflor



Try It!



APPLE & CELERY SALAD

Ingredients

- 1 tablespoon orange juice
- 2 tablespoons light mayonnaise
- 2 cups apples (diced)
- 1 cup celery (diced)
- 1/2 cup raisins
- 1/2 cup peanuts (chopped)

Instructions

1. In a large bowl, mix orange juice with mayonnaise.
2. Add apples, celery, raisins, and peanuts to the dressing mixture and stir well.
3. Serve at room temperature or chilled.

Selection

When buying celery, be sure and choose celery that looks crisp and snaps easily when pulled apart. The leaves should be pale to bright green in color and free from yellow or brown patches.

Be sure that there is not a round stem where the smaller tender stalks should be, if this is present then do not buy this as it will have a bitter flavor.

Uses

Celery can be chopped and added to your favorite salad or cut into smaller stalks and add peanut butter to it. Celery can be braised, or added to soups, stews, casseroles and stir-fries.

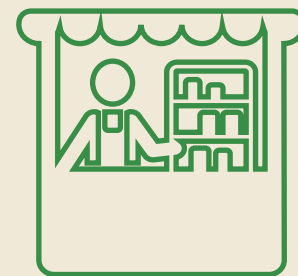
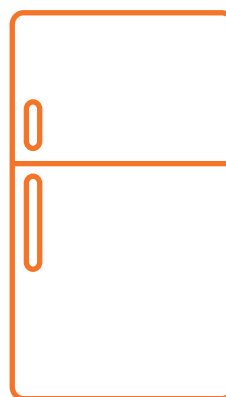
History & Fun Facts

Pascal Celery was cultivated in parts of Europe and the Mediterranean as early as 1000 BC and there is evidence of celery being used as medicinal plants in ancient Egypt. Ancient Greek athletes were awarded celery leaves to commemorate their winning.

Today over 1 billion pounds of celery are produced each year in the United States. The average U.S. adult eats about 6 ponds of celery per year.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Celery can be stored in the refrigerator for 5-7 days and still remain fresh
- Celery does not freeze well
- Try to avoid cutting celery ahead of time as this will cause it to loose nutritional values but if it is necessary then place it in a hard plastic or glass container.



BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

NUTRITION FACTS

Fat free

Cholesterol free

Sodium free

Good source of fiber

Good source of Vitamin C & K



Swipe at the Information Booth on the corner of 2nd and Main.
Double your \$10 EBT swipe on the 1st Saturday of each month!



Swipe & Shop



FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.org; <https://whatscooking.fns.usda.gov>

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